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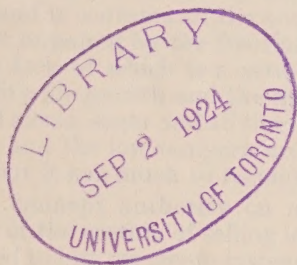
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HOME-MADE FROZEN DESSERTS

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DAIRY AND COLD STORAGE BRANCH

J. A. RUDDICK, *Commissioner*.

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HOME-MADE FROZEN DESSERTS

What is more appetizing on a warm summer day than a dish of good ice cream? More and more of this dairy product is now being used and it has virtually passed out of the luxury class of foods, being served as a dessert at hotels, restaurants and homes at all seasons of the year. Like all dairy products, ice cream is a real food, easily digested, palatable, and containing all the nutritive elements essential to body building and good health—fat, protein, carbohydrates and vitamins, especially Fat Soluble A. When made from fresh, clean-flavoured cream, it has a delicacy of flavour which appeals to young and old. Ice cream is altogether an ideal food.

The attractiveness of ice cream is one of the reasons for its popularity, though it has many other advantages which place it among the more important foods. It is a general favourite, even among those who do not relish milk and cream in the fluid state and it contains all the nourishment of these foods, as the milk constituents are not impaired by the freezing process. Ice cream is a valuable source of lime, the lack of which is a serious defect in the ordinary diet, protein of excellent quality for growth and the maintenance of health, fat in one of its most easily digested forms, sugar and all three vitamins. The comparatively high proportion of sugar and the low temperature make ice cream less desirable than milk for children, but it has much to recommend it as an article of diet.

Dr. McCollum, an eminent authority on nutrition, calls attention to at least one point in favour of the custom of selling ice cream in cones. In this way, many children are induced to buy ice cream instead of candy and thus supplement a diet sometimes seriously lacking in milk and other dairy products. Undoubtedly, an increase in the daily milk order would be a wiser and more economical method, but in homes where the value of milk is not fully understood, this "casual purchase of ice cream by poor children is a matter of much greater importance than it might at first thought appear to be."

Ice cream is of particular importance in the sick room, as it provides nourishment in an easily digested form. It is usually allowed even when the patient's diet is limited to liquids and is often especially valuable in cases of fever.

CARE OF THE CREAM

Cream which is about 24 hours old is more satisfactory for ice cream making than fresh cream. It should, however, be perfectly sweet and it is necessary, therefore, that the cream be kept in a cool place. If cream is aged (24 hours) and kept cool before freezing, the texture of the ice cream will be smooth and free from ice crystals which are so objectionable.

EQUIPMENT NECESSARY

It is possible to make frozen desserts with utensils to be found in any kitchen. Good ice cream may be made according to the following directions by using some vessel such as a small tin or granite pail and another vessel similar in shape, but several sizes larger.

After pouring the ice cream mixture into the smaller pail, cover tightly and place in the larger one, leaving the handle erect. Pack with ice and salt, or with snow and salt, then, using the handle of the pail, turn back and forth to keep the contents in motion. After 5 or 10 minutes, remove the cover, being careful to prevent any salt getting into the mixture and, with a broad bladed knife, scrape the frozen portion from the inside edge into the centre. Cover tightly and repeat until the mixture is frozen, scraping from the inside edge frequently.

Ice cream for a small family, or individual amounts for an invalid, may be made in this way by using a small vessel such as a baking powder can and a bowl or small pail. This is not so convenient a method of making ice cream as when a freezer is used. A longer time is required but a delicious dessert can be made in this way.

Various sizes of ice cream freezers are on the market. For the average home, a one-quart size is suitable and can be purchased at almost any hardware store for \$5.00, or less. A freezer is a convenient addition to the kitchen equipment and, when properly cared for, will last a long time.

Ice can be secured at all seasons of the year in towns and cities, while the modern dairy farm usually has a well-filled ice house. Snow can be used, when available, as a substitute for ice with very satisfactory results. Salt is also necessary for the freezing process. Crushed rock salt is preferable, but ordinary coarse salt or even table salt will serve the purpose.

CLASSIFICATION OF ICE CREAM

Plain Ice Creams.

The plain ice creams are made from table cream (12 to 18 per cent butterfat), sugar and flavouring material. Vanilla is the most common flavouring, but other flavours such as chocolate, maple, coffee or caramel, are suitable and appetizing.

Fruit Ice Creams.

The fruit ice creams consist of cream, sugar and fresh fruits. Almost any kind of fresh fruit such as strawberries, raspberries, cranberries, peaches, cherries, grapes or currants can be used. The fruit should be fresh and well ripened.

Nut Ice Creams.

Nut ice creams consist of cream, sugar and nuts. Any of the common nuts—walnuts, filberts, etc., can be used. Vanilla, chocolate or caramel are suitable flavourings for nut ice creams.

Bisque Ice Creams.

Bisque ice creams are made of cream, sugar and bread products such as macaroons, grapenuts, marshmallows, etc.

Parfaits.

Parfaits belong to the richer and fancier ice creams. They consist of cream of about 25 or 30 per cent butterfat, sugar, yolks of eggs and flavouring material. Nuts or fresh fruit may be added.

Mousses.

Mousse is probably the richest and fanciest of the ice creams and consists of frozen whipped cream to which sugar and natural flavouring have been added. Fresh fruits are necessary for mousse and a small amount of lemon juice should be added to bring out the fresh fruit flavour.

Puddings.

Ice cream puddings are made from the parfait mixture with the addition of candied fruits and nuts. They are generally highly seasoned. These puddings are suitable for Thanksgiving, Christmas and other holiday festivities.

Ices.

The most common ices are the water and milk sherbets which consist of milk, skim milk, or water, sugar, flavouring and the whites of eggs, if desired. Sherbets are characterized by their tart flavour, as lemon juice is usually added in addition to any other flavouring used.

Frappes consist of the same materials as sherbets, but are frozen only to a soft, semi-frozen consistency.

Souffles differ from sherbets in that they contain the whole egg.

Any of the above ice creams can be made easily in the home. The cost and richness of the plain ice creams will depend on the richness of the cream used. *Ordinary table cream (about 18 per cent butterfat) will make a very smooth and tasty ice cream, but this cream may be thinned with milk in equal proportions, which will reduce the cost and still make an acceptable product.* Parfaits, puddings, mousses and bisques are fancy products and are more expensive, but are suitable for special occasions. In the country and smaller towns and even in larger cities fancy ice creams cannot be purchased readily. They can be made in the home, however, at any season of the year, as all the materials necessary can be obtained separately at any time.

SOME RECIPES FOR ICE CREAM.

Only a few recipes are given as illustrations of the different types of frozen dishes, but a great variety of frozen desserts can be made by the use of different flavouring materials. In the making of ice creams, much scope is given for the imagination and ingenuity of the housekeeper in attractive and palatable combinations of food materials.

The cream in each of the following recipes, except for that of the mousse, is table cream (16 to 18 per cent butterfat), but *the cost of the ice cream can be reduced considerably by using half cream and half milk, or about two-thirds cream and one-third milk.* Thinner cream, however, will not give as smooth an ice cream and it will probably require a longer time to freeze.

The amounts given in these recipes are for one quart of ice cream.

TABLE OF WEIGHTS AND MEASURES

2 cups.....	1 pint
4 cups.....	1 quart
2 cups granulated sugar.....	1 pound
1 tablespoon (tbsp.).....	$\frac{1}{2}$ ounce
3 teaspoons (tsp.).....	1 tablespoon

VANILLA ICE CREAM, No. 1.

1 pint table cream	2 tsp. vanilla
$\frac{1}{2}$ cup sugar	

Mix the ingredients, stir to dissolve the sugar, and freeze.

VANILLA ICE CREAM, No. 2.

1 cup scalded milk	1 egg yolk
1 tsp. flour	$\frac{1}{2}$ cup sugar
1 cup cream	1 tsp. vanilla

Mix the flour and sugar together, add the slightly beaten egg yolk and stir in the milk gradually. Cook over hot water about 15 minutes, strain and cool. Add the cream and flavouring. Freeze and serve.

CHOCOLATE ICE CREAM.

1 pint cream	$\frac{1}{2}$ cup sugar
1 tsp vanilla	$\frac{1}{4}$ cup chocolate or cocoa
few grains salt	

Put the chocolate or cocoa, half the sugar and a little water or milk in a pan. Heat over hot water and stir until a smooth syrup is formed. Cool the syrup and add with the remaining sugar to the cream. Add flavouring and freeze.

OATMEAL ICE CREAM.

$\frac{1}{2}$ cup rolled oats	1 cup milk
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{4}$ cup sugar
1 cup cream	

Soak the rolled oats in the milk one hour. Strain. Cook the strained liquid in a double boiler about 45 minutes, stirring frequently. When cool, add cream and flavouring. Freeze.

FROZEN RICE PUDDING.

2 tbsp. rice
 $\frac{1}{4}$ cup sugar
 $\frac{3}{4}$ cup cream

$\frac{3}{4}$ cup milk
 Yolk of 1 egg
 $\frac{1}{4}$ tsp. vanilla

Wash the rice and cook in boiling, salted water until tender. Drain; then add the milk and cook in double boiler about 30 minutes. Press through a sieve and pour over the egg yolk and sugar beaten together. Return to the double boiler and stir until it thickens. Remove from the fire, cool, add the flavouring and freeze. Whip the cream and add when the ice cream is nearly frozen.

Leftover cooked rice may be used (about 6 tbsp.).

STRAWBERRY ICE CREAM.

1 pint cream
 1 tsp. vanilla

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup sugar
 $\frac{3}{4}$ cup crushed strawberries

Crush the fruit and sprinkle with the $\frac{1}{4}$ cup sugar. Mix the remaining ingredients and freeze. Add the crushed fruit when the mixture is nearly frozen.

Any fruit may be used in the same way, the amount of sugar being varied according to the sweetness of the fruit. Before adding the sugar to seedy fruits such as raspberries, crush through a sieve to remove the seeds.

NUT ICE CREAM.

1 pint cream
 2 tsp. vanilla

$\frac{1}{3}$ cup sugar
 $\frac{1}{2}$ cup chopped nuts

Add the vanilla and sugar to the cream. Freeze. When nearly frozen, add the chopped nuts. Nuts used in chocolate or maple ice cream make a very palatable frozen product.

MACAROON BISQUE.

1 pint cream
 2 tsp. vanilla

$\frac{1}{4}$ cup sugar
 1 cup ground macaroons

Dry the macaroons in a hot oven. Roll or grind in a meat grinder and add to the ice cream when nearly frozen. Grapenut ice cream can be made by substituting grapenuts for macaroons.

LEMON MILK SHERBET.

1 pint whole milk or skimmilk
 $\frac{3}{4}$ cup lemon juice

1 cup sugar
 2 egg whites (if desired)

Whip the egg whites and mix with other ingredients; freeze. If fresh fruit flavours are desired, add only one-third the amount of lemon juice and less sugar with sweeter fruits. Egg whites may be omitted, but the sherbet will not be as smooth in texture.

Milk, eggs and sugar will be the same in other sherbets, only the flavouring material will change.

The following recipes are for the richer ice creams and are more expensive. The cream used should not be thinned and to get the best results should contain about 25 to 30 per cent butterfat. Table cream, however, will suffice.

GOLDEN PARFAIT.

1 pint cream
 2 egg yolks

$\frac{3}{4}$ cup sugar
 2 tsp. vanilla

Add one-quarter of the cream to the egg yolks and beat a few moments over hot water, stirring constantly. Remove from the fire, cool, add the other ingredients and freeze.

A nut parfait can be made by adding one-half cup of chopped nuts to this recipe. For fruit parfait, add three-quarters of a cup of crushed fruit.

NESSELRODE PUDDING.

1 pint cream
 2 tsp. vanilla
 $\frac{1}{4}$ cup maraschino cherries
 $1\frac{1}{2}$ oz. candied fruits

$\frac{3}{4}$ cup sugar
 2 egg yolks
 $\frac{1}{4}$ cup chopped walnuts
 1 slice chopped pineapple

Add one-quarter of the cream to the egg yolks and heat a few moments over hot water, stirring constantly. Add sugar, remove from fire, cool and add vanilla. Grind and mix the fruit and nuts and add when the cream is nearly frozen. All puddings are made from the golden parfait mixture with fruits and nuts added.

MOUSSE.

1 pint whipping cream	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup crushed fruit (strawberries, peaches, etc.)	Juice of one lemon

Whip the cream. Then add sugar, lemon juice and crushed fruit and freeze. Turn the freezer very slowly and just enough to insure even freezing of the whole mixture. Although not necessary, the cream may be coloured to correspond with the colour of the fruit.

SAUCES FOR PLAIN ICE CREAMS**MARSHMALLOW SAUCE.**

$\frac{1}{4}$ lb. marshmallows	1 cup pulverized sugar
$\frac{1}{4}$ cup boiling water	

Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in the boiling water. Add to marshmallows and stir until thoroughly blended. Turn into bowl and cool before serving.

CHOCOLATE SAUCE.

1 square chocolate (unsweetened)	1 cup sugar
2 tsp. butter	$\frac{1}{3}$ cup boiling water
$\frac{1}{2}$ tsp. vanilla	

Melt chocolate, add the butter, then the water, gradually. Add the sugar and boil about 5 minutes. Then add vanilla.

COFFEE SAUCE.

$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup ground coffee
$\frac{1}{3}$ cup sugar	1 tbsp. cornstarch
few grains of salt	

Scald the milk with the coffee and let stand about 20 minutes. Then strain. Mix the sugar, cornstarch and salt together, and into this stir the hot coffee infusion. Cook 5 minutes and serve hot.

This sauce may be made using one cup of milk and $\frac{3}{4}$ cup of left-over coffee.

FREEZING THE ICE CREAM MIXTURE

It is a common impression that it takes a great deal of time and hard work to make ice cream. Such is not the case. It is a simple matter to mix the ingredients and, if the cream is at least 24 hours old, and if ice and salt is used in proper proportions, it is a matter of only 15 or 20 minutes before the freezing process is completed. The freezing process, however, is important to give the ice cream the proper body and texture as this has a great effect on the palatability.

POINTS TO REMEMBER WHEN FREEZING ICE CREAM.

1. Cream when frozen increases considerably in volume and, on this account, the freezer should never be filled more than half full. The increase in volume is due to the incorporation of air during the freezing process and the more evenly this air is incorporated in the ice cream mixture, the smoother the ice cream will be.

2. The can containing the ice cream mixture should be adjusted in the freezer, then packed with alternate layers of finely crushed ice and salt. About eight to twelve parts of ice to one part of salt will give an efficient freezing mixture. As the freezer is turned, the salt will gradually work down and come in contact with all the ice.

3. Snow may be used instead of ice. If the ice or snow does not melt quickly enough, a small amount of water poured over it will help in the formation of the brine and hasten the freezing process.

4. If the cream has been previously cooled to a low temperature, the handle of the freezer may be turned fairly quickly from the start; if the mixture in the can is at ordinary room temperature, the handle should be turned slowly for a few minutes to cool the cream to about freezing point. Too rapid turning of the can before the cream is quite cold tends to churn the cream and will result in the ice cream containing particles of butterfat which are objectionable.

5. After the cream has started to freeze, the handle may be turned more quickly until the freezing process is complete. This should require from fifteen to twenty minutes.

6. When the ice cream is frozen to a semi-solid condition and will hold its shape, remove the dasher from the freezer and, with a spoon, pack the ice cream solidly in the can.

7. Cover the can, placing a cork in the opening in the cover.

8. Draw off the brine and repack the freezer with alternate layers of ice and salt, using about eight measures of ice to one of salt. If only a short time can be allowed for the ice cream to stand use a higher proportion of salt.

9. Cover the freezer with a damp sack or piece of carpet and allow to stand at least one hour for the ice cream to harden. Large quantities require several hours.

10. After about an hour, draw off the brine and add more ice and salt. Repeat whenever necessary until the ice cream is used.